



Sunrise Senior Center
10650 W. Oakland Park Blvd.
Sunrise, FL 33351

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The Sr. Center will be
Closed 7/4 for
Independence Day.



CURRENT RESIDENT OR



Volunteer Breakfast 2011

July / August 2011

10650 West Oakland Park Boulevard | 954-746-3670 | www.sunrisefl.gov

SUNRISE SENIOR CENTER

Programs & Events

The Senior Center is closed on Saturday and Sunday.

Program	Date(s)	Day(s)	Time	Registration	Fee	Program#
Chess Club If you have ever wanted to learn how to play Chess this is your chance. Lessons and matches available.	Weekly	F	10:00 am – 12:00 pm	Walk-in	Free	N/A
Senior Bowling League League plays at Strikers Lanes & lane fees are paid to Strikers the day of play. All players must be registered members of the Sunrise Senior Center & must sign up for the league prior to play. Shirts, trophies & a luncheon are included. Limited space available.	Sept – May	W	9:30 am – 12:00 pm	8/2		180854A
Women's Bocce Club Bocce is played at the Nob Hill Soccer Complex. All players must be registered members of the Sunrise Senior Center. For details of exact start date & any other information please contact Barbara Watson at 954-742-7492.	Sept – May	W	6:00 pm – 8:00 pm	8/2		180855A

Special Event

Bunco Party	7/21	TH	1:30 pm—3:00 pm	7/5	\$5	180818A
Take your chance to win prizes while playing an easy dice game. Light refreshments will be served.						

Volunteers Needed

We are looking for volunteers for the following positions. All programs are advertised & promoted through the Sunrise Senior Center. Volunteers are all recognized through yearly luncheons, awards, special events & gifts of appreciation.




Trip Leaders: Must be a member of the Senior Center & have attended a trip coordinated through our center. Person must be outgoing, friendly & a problem solver. CPR & or first aid trained is beneficial.


Beginners Line Dance Instructor: Must have line dance experience, & interested in teaching others. Stage & sound system available.

Bunco Assistant: Must know how to play Bunco & be able to assist during our events.

Craft Instructors: Must have a specific craft skill & want to instruct others.

Card Game Instructors: Must play Pinochle, Canasta or any other card game & would like to teach our participants.

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<div>ADMIT ONE</div> Trip & Ticket Policies <div>ADMIT ONE</div>
9:00 a.m. - 10:30 a.m. Sunrise Woodcarvers 9:30 a.m. - 10:30 a.m. Walk Your Way to Health 9:30 a.m. - 12:00 p.m. Open Gametime 11:00 a.m. (Start Time) Classic Movies 12:30 p.m. - 2:30 p.m. Intermediate Beading 2:00 p.m. - 4:00 p.m. Monday Dance Mixer (A current Sunrise Senior Center membership card must be shown for entrance to the dance) No dances in August 	9:00 a.m. - 9:30 a.m. Tai Chi Program #180858A (must be a registered member) 9:00 a.m. - 12:00 p.m. Mah Jongg Class Program #180809A 9:30 a.m. – 10:30 a.m. Senior Aerobics Program #180857A (must be a registered member) 10:00 a.m. - 12:00 p.m. Beginners Beading 12:00 p.m. (Start Time) New Release Movies 1:00 p.m. - 3:00 p.m. Sewing Creations Program #180819A 1:00 p.m. - 3:00 p.m. Advanced Beading	9:30 a.m. - 10:30 a.m. Walk Your Way to Health 12:30 p.m. - 3:30 p.m. Bridge - Open Play 2:30 p.m. - 4:00 p.m. Singles Club 	9:30 a.m. - 11:00 a.m. Bereavement Support Group 10:00 a.m. - 11:00 a.m. Coupon Club 10:00 a.m. - 11:00 a.m. Gardening Club 10:00 a.m. - 1:00 p.m. Free Eyeglass Repair 10:00 a.m. - 12:00 p.m. Line Dancing 12:30 p.m. - 3:30 p.m. Open Gametime 12:30 p.m. - 4:00 p.m. Non-Sanctioned Duplicate Bridge (Burgundy B)	9:00 a.m. - 9:30 a.m. Tai Chi Program #180858A (must be a registered member) 9:30 a.m. - 10:30 a.m. Stretch & Hand Weight Training Program #180856A (must be a registered member) 10:00 a.m. - 12:00 p.m. Chess Club (Arts & Crafts Room) 1:00 p.m. - 2:30 p.m. Bingo 	<p>No tickets will be sold before the published sale date. Sales commence at 8:30 a.m. Current I.D. cards must be presented for any transaction.</p> <p>Members MUST be present to purchase tickets. You may, however, buy a ticket for a member who resides in the same household as you, provided you present their I.D. card. Both tickets will be charged the member rate.</p> <p>*You may purchase one additional ticket (at the higher guest price) for each member ticket purchased.</p> <p>*Any person purchasing tickets will only be allowed to purchase a maximum of two tickets per person per event regardless member/guest status.</p> <p>When purchasing tickets, please indicate the full name, <u>birth date and phone number</u> of your guest.</p> <p>Non-members may purchase tickets, based on availability, at a later date. Check with the front desk for open sale dates.</p> <p>If you purchase a ticket and later sell or give it to someone, you must contact a Senior Center staff member to make a name change on our master roster.</p> <p>If you require wheelchair accommodations for a trip, you must inform us at sign up time. (Be sure this is noted on your registration form)</p> <p>When you are called about a food choice for a trip, you must return the call within 2-3 days; otherwise a choice will be made for you. No changes can be made 7 days prior to the trip or at the restaurants.</p> <p>Trips departing before 3:30 p.m. leave from the Civic Center east parking lot</p> <p>A Group Leader is available on most trips. In their absence, the Bus Driver will act as Group Leader. The Group Leader checks all participants in and assists in providing you with the best possible experience.</p> <p>Please occupy the same bus seat on the way to and from an event.</p> <p>Refund Policy: The City reserves the right to retain fees to cover expenses non-refundable to the City.</p> <p>If a minimum number of people is not reached the program may be cancelled.</p>
		TUESDAY EVENING HOURS <i>Closed in August (Except Orchid Society)</i> 6:00 p.m. 6:00 p.m. - 9:00 p.m. 6:00 p.m. - 9:00 p.m. 6:00 p.m. - 9:00 p.m. 6:30 p.m. - 8:30 p.m. 7:00 p.m. - 9:00 p.m. 3rd Tuesday 4th Tuesday		New Release Movies Open Game Room Woodcarving Dart League Computer Class Scottish Dancing Sunrise Orchid Society American Legion Post 365	

Monday Classic Movies - 11:00 AM				At The Movies				Tuesday New Release Movies - 12:00 noon				
7/4	Closed for Independence Day			8/8	The Eagle Has Landed	1976	7/5	Just Go with It	PG-13		Kimberly Elise, Janet Jackson	134 min.
7/11	The Tall T	1957			Michael Caine, Robert Duvall	2hr45min.		Adam Sandler, Jennifer Aniston	116 min.	8/9	No Strings Attached	R
	Randolph Scott, Maureen O,Sullivan	118 min.	8/15	The Fountainhead	1949		7/12	Little Fockers	PG-13		Natalie Portman, Ashton Kutcher	107 min.
7/18	Rules Of Engagement	2000		Gary Cooper, Patricia Neal	152 min.			Robert De Niro, Ben Stiller	98 min.	8/16	The Green Hornet	PG-13
	Tommy lee Jones, Samuel L Jackson	127min.	8/22	Quo Vadis	1951	7/19	You Again	PG-13			Seth Rogan, Cameron Diaz	119 min.
7/25	Sabrina	1954		Robert Taylor, Deborah Kerr	170 min.		Kristen Bell, Jamie Lee Curtis	105 min.	8/23	Dilemma	PG-13	
	Humphrey Bogart, Audrey Hepburn	113 min.	8/29	The Last Ride of the Dalton Gang	1979	7/26	Another Year	PG-13		Vince Vaughn, Kevin James	111 min.	
8/1	Waterloo Bridge	1940		Jack Palance, Dale Robertson	2hr25min.		Jim Broadbent, Leslie Manville	115 min.	8/30	The Next Three Days	PG-13	
	Robert Taylor, Vivien Leigh	143 min.				8/2	For Colored Girls	R		Russell Crowe, Liam Neeson	108 min.	
												

Social Services & Wellness Programs

The Special and Community Support Division provides information and referral regarding available federal, state, and county social service programs. An emergency food pantry and medical equipment loan-out is available for Sunrise residents who may need temporary assistance due to loss of employment or other financial issues. Outreach is available for homebound residents. For further information, contact the social worker at 954-746-3670.

Program	Date(s)	Day	Time	Fee	Registration
Broward Health Mammovan	7/12, 8/9, 9/13	TU	App’t. Req’d.	\$75	Call

Open to ages 35+. Insurance coverage for payment will be accepted (no HMO’s please). Call 954-746-3670 to schedule an appointment.

Emergency Food Pantry	Ongoing	TU	mornings	Free	Call for Appt.
		TH	afternoons	Free	Call for Appt.

The City of Sunrise operates an Emergency Food Pantry with canned goods for Sunrise residents in need. Visits are limited to no more than once every 3 months, by appointment only & must be arranged with the Social Worker. For information, call 954-746-3670.

Bereavement Support Group	Weekly	TH	9:30 am-11:30 am	Free	Ongoing
This group is facilitated by a professional grief counselor, and is a valuable source of support for those dealing with grief and mourning.					

Blood Pressure Check (Sunrise Fire/Rescue)	7/8, 8/12, 9/9	F	10:30 am-11:30 am	Free	Walk-ins welcome
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Property Tax Exemption Assistance	7/8, 8/12 9/9	F	10:00 am -11:30 am	Free	Walk-ins welcome
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Representatives from the Broward County Property Appraiser’s office will help taxpayers apply for homestead and other property tax exemptions, including those for seniors, widows/widowers, the disabled, and veterans. Bring a Florida Drivers License or ID card; a Broward voter registration card or declaration of domicile; Social Security numbers of all owners; and a copy of the recorded deed or tax bill. Resident aliens must bring a permanent resident green card or proof of asylum.

Veteran’s Advisor	7/8, 8/12, 9/9	F	9:00 am-12:00 pm	Free	Walk-ins welcome
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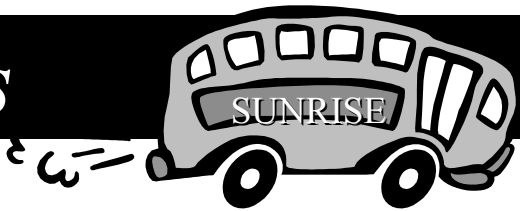
Broward County Veteran’s Services will have a representative at the Sunrise Senior Center to provide assistance to veteran’s and their widows, dependents and dependent survivors, regardless of age or other status. Services are focused on attainment and/or maintenance of self-sufficiency. Services include: referral and linkage & benefits and claims processing.

Memory Screening	7/27	W	9:00 am-11:30 am	Free	Call for Appt.
North Broward Memory Disorder Center will be here to administer memory screenings, sign up is required. Each screening takes approximately 30 minutes. Sign up at the front desk or call the Senior Center.					

Hurricane Preparedness Lecture	8/17	W	10:00 am-11:30 am	Free	Call to sign up
Listen to an informative lecture on preparing for the hurricane season. The lecture will be given by City of Sunrise Emergency Management Coordinator. Please sign up at the front desk or call the Senior Center. 954-746-3670					

Balance Screening	9/14	W	10:00 am-11:30 am	Free	Call for Appt.
This screening will help older adults know if they are at risk of falling. Discover what steps you can take in your home and outside to ensure your safety. Sign up at the front desk or call the Senior Center. Sign up is required.					

Senior Trips



July Trips –Call for availability

Ikea Store & Cafeteria	7/7	TH	10:00 am – 2:00 pm	\$5/\$7	180842A
Here is your chance to visit internationally acclaimed home furnishings store, which also includes a European food marketplace. Enjoy a meal in their good but inexpensive cafeteria featuring Swedish and American food.					

Tatiana Night Club	7/10	SU	5:45 pm – 11:00 pm	\$47/\$49	180838A
Las Vegas/Moulin Rouge style show & Russian cuisine.					

Coconut Creek Casino	7/19	TU	9:15 am – 4:00 pm	\$5/\$7	180826A
\$15 free play: and you pay \$5 plus tax for the Harvest Buffet.					

Festival Flea Market	7/28	TH	9:45 am – 3:00 pm	\$5/\$7	180846A
Get great bargains while enjoying air conditioned comfort.					

August Trips - On Sale to Members 7/8; Non-Members 7/15

Parker Playhouse - “Girl Talk”	8/11	TH	6:30 pm – 11:00 pm	\$40/\$42	180843A
Dish, reminisce, dance & break into plenty of songs during this musical. Limited tickets available.					

Gulfstream Casino	8/18	TH	9:15 am – 3:30 pm	\$5/\$7	180826B
The promotional package includes \$20 free play and \$7 towards lunch. All participants must bring a photo I.D. Additionally, in order to receive future promotional packages, the Casino requires that all participants use their player’s club cards and play with additional monies other than the free play credits.					

Sport Immortals Museum	8/23	TU	9:00 am – 2:30 pm	\$7/\$9	180848A
Enjoy a guided tour and celebrate the accomplishments of famous sports legends, then enjoy lunch on your own at Mizner Park.					

September Trips -On Sale to Members 8/5; Non-Members 8/12

Marlins vs. Mets	9/6	TU	5:45 pm – 11:00 pm	\$19/\$21	180837A
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Stagedoor Theater	9/14	W	12:45 pm – 4:30 pm	\$35/\$37	180808A
“A Funny Thing Happened on the Way to the Forum” - one of the funniest comedies ever written. Tickets are limited! This is a non-stop laugh fest!					

Aventura Mall	9/22	TH	9:00 am – 2:30 pm	\$5/\$7	180846B
Enjoy great shopping & dining with indoor comfort.					

Transportation

Minibus routes operate weekdays from 8:00 am – 2:45 pm, picking up passengers from residential areas and transporting them to major shopping centers within Sunrise. The cost is 25 cents per ride. For more information or to obtain schedules, call (954) 746-3677.

Non-Emergency Medical Transportation is available to eligible Sunrise residents who are 62 or older, or physically handicapped. If you no longer drive or maintain a vehicle in your immediate household and need reliable, inexpensive transportation to doctors, dentists and other medical appointments, call (954) 746-3676 for transportation information.

July / August Classes & Programs

Program	Date(s)	Day(s)	Time	Registration (Members, Non-Members)	Fee	Program#
AARP Safe Drivers Course	Bring a check made payable to AARP to the class, your drivers license & AARP membership card (\$12 AARP members, \$14 non-members).					
	9/21 & 9/22	W&TH	9:00 am – 1:00 pm	8/2	\$12/\$14	180853A
Beading Beginners Beading	Materials list available from the instructor. Please stop by a class to speak with Instructor Karen McDavitt. (Senior Center membership required) No beading experience needed.					
	7/5 – 7/26	TU	10:00 am – 12:00 pm	6/2	Free	180814A
	8/2 – 8/30	TU	10:00 am – 12:00 pm	7/5	Free	180814B
	9/6 – 9/27	TU	10:00 am – 12:00 pm	8/2	Free	180814C
Intermediate Beading	Materials list available from the instructor. Please stop by a class to speak with Instructor Karen McDavitt. (Senior Center membership required) Beading experience needed.					
	7/11- 7/25	M	12:30 pm – 2:30 pm	6/2	Free	180812A
	8/1 – 8/29	M	12:30 pm – 2:30 pm	7/5	Free	180812B
	9/12 – 9/26	M	12:30 pm – 2:30 pm	8/2	Free	180812C
Advanced Beading	Materials list available from the instructor. Please stop by a class to speak with Instructor Karen McDavitt. (Senior Center membership required) Must be able to read a pattern.					
	7/5 – 7/26	TU	1:00 pm – 3:00pm	6/2	Free	180805A
	8/2 – 8/30	TU	1:00 pm – 3:00pm	7/5	Free	180805B
	9/6 – 9/27 (skip 9/5)	TU	1:00 pm – 3:00pm	8/2	Free	180805C
Book Club	Join our Book Club...Read the book, examine & discuss the story with a friendly group of new friends. Light refreshments served. Call to sign up.					
“The Tenth Song” By Naomi Ragen	7/22	F	11:30 am—12:30 pm	6/24	Free	N/A
“Major Pettigrew’s Last Stand By Helen Simonson	8/26	F	11:30 am—12:30 pm	7/22	Free	N/A



Sunrise Senior Center Women’s Bocce League Luncheon

Program	Date(s)	Day(s)	Time	Registration (Members, Non-Members)	Fee	Program#
Eyeglass Repair	Weekly	TH	10:00am – 1:00pm	Walk-in	Free	N/A
Get free help repairing your eyeglasses by Leonard Falitz, a licensed optician. He will help repair nose pads, screw replacements and minor frame adjustments.						
Green Thumbs	(Due to grant requirements this class available only to Sunrise residents age 62+)					
Tropical Fruit Tasting	7/27	W	10:30 am – 11:30 am	6/2	\$3/\$5	180815A
Rare & Exotic Plants	8/24	W	10:30 am—11:30 am	7/5	\$3/\$5	180815B
Flower Arranging	9/28	W	10:30 am—11:30 am	8/2	\$3/\$5	180815C
Monday Dance Mixer	Weekly	M	2:00 pm – 4:00 pm	Walk-in	Free	N/A
Live entertainment & refreshments weekly. (A current Senior Center membership card must be shown for entrance to the dance) No dances in August.						
Scottish Dancing	Weekly - May	TU	7:00 pm – 9:00 pm	Walk-in	Free	N/A
Learn the traditional dances of Scotland. No experience or partner required. No Class in August.						
Exercise Classes	Each exercise class will require a separate sign up as indicated below. Maximum 24 students per class.					
Tai Chi	July	TU	9:00 am—9:30 am	6/2	Free	
	July	F	9:00 am—9:30 am	6/2	Free	
	Aug	TU	9:00 am—9:30 am	7/5	Free	180858A
	Aug	F	9:00 am—9:30 am	7/5	Free	180858B
	Sept	TU	9:00 am—9:30 am	8/2	Free	180858C
	Sept	F	9:00 am—9:30 am	8/2	Free	180858D
Aerobics Class	Senior Center membership is required. (Maximum 24 students per class.)					
	July	TU	9:30 am—10:30 am	6/2	Free	180857A
	Aug	TU	9:30 am—10:30 am	7/5	Free	180857A
	Sept	TU	9:30 am—10:30 am	8/2	Free	180857B
Stretch & Hand Weight Class	Senior Center membership is required. (Maximum 24 students per class.)					
	July	F	9:30 am—10:30 am	6/2	Free	180856A
	Aug	F	9:30 am—10:30 am	7/5	Free	180856A
	Sept	F	9:30 am—10:30 am	8/2	Free	180856B
Walk Your Way to Health	Ongoing	M& TH	9:30 a.m. - 10:30 a.m.	walk-in	Free	

